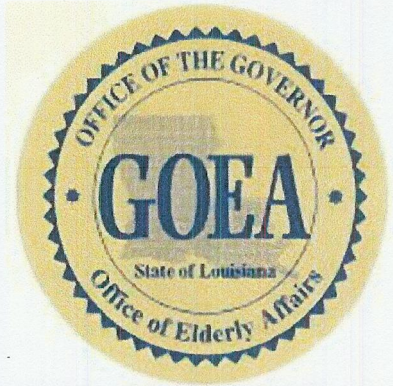


Elder News

Governor's Office of Elderly Affairs
"Serving Seniors Successfully"
Summer 2012



ELDERLY PROTECTIVE SERVICES MERGING TO OFFICE OF AGING AND ADULT SERVICES

Changes in the 2012 Legislative Session resulted in the Governor's Office of Elderly Affairs, Elderly Protective Services Program (EPS) to be merged with the Louisiana Department of Health and Hospitals, Office of Aging and Adult Services as of June 25, 2012. There will not be a change in telephone numbers, office locations or staff. EPS staff will continue to receive reports, conduct investigations and interact with their community and resources. There will be no visible change to the public. Please continue to call the regional offices to make reports or request presentations for your staff. The population we serve will remain 60 years and older.

HURRICANE SEASON IS HERE!

For the State of Louisiana and other coastal states, hurricane season may bring storms to our vulnerable regions. The storm surges can destroy homes, businesses and dislocate many of our residents. Make sure you are prepared.

- Have a Family Plan
- Have a Business Plan
- Create a Disaster Kit
- Secure your Home
- Have a Place to go
- Have a Pet Plan



WWW.GOHSEP.LA.GOV



WWW.FEMA.GOV

Around the Aging Network...

Ouachita Council on Aging knows how to get a big bang for each buck. Thanks to the hard work of the Ouachita Council on Aging, the Board of directors and generosity of the community, the mortgage for the Ferrand Street Building has been paid off. In four years, the agency was able to burn the mortgage. "It feels awesome because one of my personal goals I had when I came here was to pay this building off," Said Lynda McGehee, Executive Director.

Congratulations go out to the **East Baton Rouge Council on Aging** on the opening of the Central Senior Center. This Senior Center is a new partnership in the city of Central. The East Baton Rouge Council on Aging will also be re-opening the Sharlo Terrace Meal Site, Catholic Presbyterian Meal Site, Turner Plaza Meal Site.

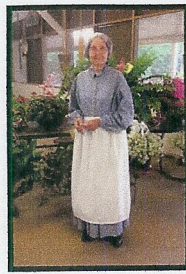
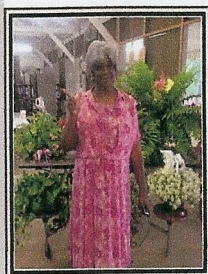
The **New Orleans Council on Aging (NOCOA)** has received a charitable contribution from LA Crescent, a local kickball league in the amount of \$7,435.00. On June 21, 2012, the LA Crescent hosted a "warm-up" at the Uptown Shepherd Senior Center. You may read more about the activities with the NOCOA on their new social media facebook site.



The **Ascension Council on Aging** had a special presentation from Ms. Crystal Moran and Mr. Charles Brown with the Ascension Parish Office of Emergency Preparedness on July 11th and July 30th to emphasize the importance of seniors being informed and prepared for a Hurricane or any other natural disaster.



The **East Feliciana Council on Aging** hosted its annual picnic at the Avondale Camp on May 11, 2012. The theme was "Hooray for Hollywood" and the staff, along with many seniors dressed in costumes portraying movie stars and performed skits. Some of the stars in attendance were Ms.



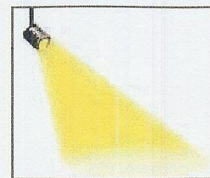
Louise Reynolds as Minnie Pearl, Ms. Bennie Davis as Aunt Ester, Ms. Lucille Brashier as Granny Clampett, Ms. Yvonne Banks as Whoopi Goldberg, and many more.



The **Jefferson Davis Council on Aging** hosted a 4th of July Bash on July 2, 2012. They served hot dogs, chips, soda and a variety of sweets. A guest musician played the accordion. Hula Dancers (Seniors who take weekly lessons at the senior center) provided some of the afternoon entertainment. The attendance was approximately 50 seniors, which was double from the previous year.

The **Cameron Council on Aging** teamed up with their local Books-A-Million on July 13, 2012 to host a unique fundraiser. The Council on Aging staff helped man an exhibit booth at the Books-A-Million Store in Lake Charles to advocate and educate about the services provided by the Cameron Council on Aging. If the Council on Aging was mentioned at check-out, the agency will receive 10% of the sale. Since the event took place on Friday, the totals are still being determined. Congratulations Cameron Council on Aging on a new partnership and fundraising idea.

Service Spot Light: **Louisiana's ADRC's at work...**



"I was at a health fair recently when a lady stopped by my table and told me about an 80 year old woman who had been without air conditioning in her apartment for 3 days. I got as much information as I could and immediately called our office (Capital AAA). The staff tried to follow up with the apartment management but the only number for the complex was a fax number. Capital AAA ADRC staff sent a fax to the apartment office stating that the air conditioner must be fixed or the authorities would be notified. We received no answer to the fax so we filed a complaint with Elderly Protective Services (EPS) and the Attorney General's office. The air conditioner was fixed the next day. We do more than give out information and phone numbers. We advocate for our clients, and while our results are not always this successful, helping clients is always our goal."

Beryl Mitchell, Capital Area Agency on Aging

Lafourche Council on Aging at work...

“While assisting the seniors with Medicare Part D, the Lafourche Council on Aging helped a female diabetic who was new to Medicare. The Council on Aging staff member enrolled her in a plan which gave her a savings of \$2011.86 on her medication for the year. Without this help, this lady would not be able to afford all the medications to keep her diabetes under control.

Another client requested assistance with her Medicare Part D plan because the cost of her prescriptions had increased. The agency helped her locate a Medicare Part D plan which would cover her prescriptions. The client switched her plan and will save \$1383.60 for the year. The Lafourche Council on Aging staff assist seniors with services that will help them live independently in their community.”

Nita Ford, Office Clerk II

The **Louisiana Aging Network Association (LANA)** will have their annual meeting and conference at the Crown Plaza in Baton Rouge, September 18-20, 2012. For updated information on the conference and a registration form, go to www.goea.la.gov/lana.

MIPPA 2010 LOUISIANA

The MIPPA 2010 Louisiana grant closed June 30, 2012. GOEA would like to thank the Area Agencies on Aging and partners who participated in the grant efforts. Through the efforts of all partners, Louisiana was successful in exceeding the goal of 2500 enrollment application assistance for the grant period. Special thanks to those that went above and beyond to assist seniors to enroll in the Low Income Subsidy Program and/or Medicare Savings Plan. The following agencies provided above and beyond the contract obligations:

Allen COA
Bossier COA
Caddo COA
Cajun AAA
Caldwell COA
Calcasieu COA
Capital AAA
CENLA AAA

DeSoto COA
East Baton Rouge COA
Jefferson COA
New Orleans COA
Saint James AAA
Terrebonne COA
Webster COA COA

From the State's
Nutritionist, Anita Thibodeaux, LDN, RD



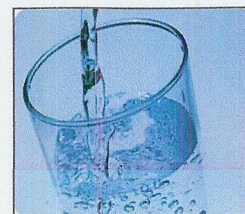
Probiotics are live organisms that are believed to be beneficial to humans by improving the microbial balance in the gut. Most claims made about probiotics appears to be unproven. According to the currently adopted definition by [FAO/WHO](#), probiotics are: "Live microorganisms which when administered in adequate amounts confer a health benefit on the host". The most common types of microorganisms used as probiotics are [Lactic acid bacteria](#) (LAB) and [bifido-bacteria](#). Probiotics are commonly consumed as part of [fermented](#) foods with specially added active live cultures; such as in [yogurt](#), [soy yogurt](#), or as [dietary supplements](#). In addition, [yeasts](#) and [bacilli](#) may also be used as probiotics

Extreme Heat is the Weather Forecast!

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity (Louisiana typical weather) evaporation is slowed and the body must work extra hard to maintain a normal temperature. Stay hydrated by drinking water and keep cool by staying out of the heat in the middle of the day.

For more information about preparing for the heat, go to

<http://www.ready.gov/heat>



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This document was published to educate and update parish Councils on Aging, Area Agencies on Aging, and other organizations and individuals that serve Louisiana's elder population about current issues and news.